

A Thinking Persons Guide to your 2011 New Year Resolution!

The Big Question!

Do you traditionally make a New Years Resolution as you approach the New Year, and if so how long to you keep it?

What have been some of your New Year Resolutions in the past, and were you generally successful in keeping them?

A Thinking Person's Study/Discussion Guide!

This Study/Discussion guide can be used by yourself or as a part of a discussion with a group of friends, Sunday school class, cell group, where you feel it will help you reflect on your New Year Resolution!

One Definition of a New Years Resolution is:

“A New Year's Resolution is a commitment that an individual makes to a project or a habit, often a lifestyle change that is generally interpreted as advantageous.”¹

- “A **New Year's resolution** is a commitment that an individual makes to a project or the reforming of a habit, often a lifestyle change that is generally interpreted as advantageous. The name comes from the fact that these commitments normally go into effect on New Year's Day and remain until fulfilled or abandoned. More socio-centric examples include resolutions to donate to the poor more often, to become more assertive, or to become more economically or environmentally responsible. People may act similarly during the Christian fasting period of Lent, though the motive behind this holiday is more of sacrifice than of responsibility. The new year resolution is one example of the rolling forecast-method of planning. According to this method, plans are established at regular short or medium-term time intervals, when only a rough long-term plan exists.”²

Some scriptures that is reflective of God's thoughts at this time of the year:

- Psalm 20:4 ... May he give you the desire of your heart and make all your plans succeed. (NIV)
- Proverbs 3:5-10 ... Trust in the LORD with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight. Do not be wise in your own eyes; fear the LORD and shun evil. This will bring health to your body and nourishment to your bones. Honor the LORD with your wealth, with the firstfruits of all your crops; then your barns will be filled to overflowing, and your vats will brim over with new wine. (NIV)

¹ Wikipedia This page was last modified on 26 December 2009 at 05:08

http://en.wikipedia.org/wiki/New_Year%27s_resolution

² Wikipedia This page was last modified on 26 December 2009 at 05:08, http://en.wikipedia.org/wiki/New_Year_resolution

- Joshua 1:7-9 ... Be strong and very courageous. Be careful to obey all the law my servant Moses gave you; do not turn from it to the right or to the left, that you may be successful wherever you go. Do not let this Book of the Law depart from your mouth; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the LORD your God will be with you wherever you go." (NIV)
- Lamentations 3:22-24 ... Because of the LORD's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness. I say to myself, "The LORD is my portion; therefore I will wait for him." (NIV)
- Psalm 51:10-11 ... Create in me a pure heart, O God, and renew a steadfast spirit within me. Do not cast me from your presence or take your Holy Spirit from me. (NIV)

**As you review and answer the following questions, think about how
blessed you were in 2010 and the blessing
HE (Christ) will bring you in 2011!**

A great old hymn of the church at this time of the year is ...

“COUNT YOUR BLESSING!”

Written in 1897 by Johnson Oatman, Jr.

“When upon life’s billows you are tempest tossed,
When you are discouraged, thinking all is lost,
Count your many blessings, name them one by one,
And it will surprise you what the Lord hath done.

Refrain

Count your blessings, name them one by one,
Count your blessings, see what God hath done!
Count your blessings, name them one by one,
And it will surprise you what the Lord hath done.

Are you ever burdened with a load of care?
Does the cross seem heavy you are called to bear?
Count your many blessings, every doubt will fly,
And you will keep singing as the days go by.

Refrain

When you look at others with their lands and gold,
Think that Christ has promised you His wealth untold;
Count your many blessings. Wealth can never buy
Your reward in heaven, nor your home on high.

Refrain

So, amid the conflict whether great or small,
Do not be disheartened, God is over all;
Count your many blessings, angels will attend,
Help and comfort give you to your journey’s end”.

Refrain

- **What are your three key (top) New Year Resolutions for 2011?**

- ♦ _____
- ♦ _____
- ♦ _____

According to Wiki-pedia the most popular New Years Resolutions are:

- | | |
|--------------------------|---|
| ♦ Lose weight | ♦ Volunteer to help others |
| ♦ Get out of debt | ♦ Be less grumpy |
| ♦ Become more organized | ♦ Be more independent |
| ♦ Maintain a diary | ♦ Learn something new
(such as a foreign
language or music) |
| ♦ Save money | ♦ Try to get up early in the
morning |
| ♦ Improve grades | ♦ Time management |
| ♦ Get a better job | ♦ Help the poor |
| ♦ Get fit | |
| ♦ Eat right | |
| ♦ Get a better education | |
| ♦ Drink less alcohol | |
| ♦ Quit smoking | |
| ♦ Reduce stress | |
| ♦ Take a trip | |

- **How do you plan on accomplishing your New Year Resolutions in 2011?**

- **Did you include any of the following thoughts as a Christian making your New Year Resolution!**

- ◆ Read my Bible daily
- ◆ Share my faith with people
- ◆ Pray an additional 15 minutes a day
- ◆ What would you add to this list?
 - How important is each of these in helping you keep your New Years Resolution?

- **Would you agree that it takes the following to make a successful NEW YEARS RESOLUTION work?**

- ◆ Honesty
- ◆ Commitment
- ◆ Determination
- ◆ Support

- **Who can help you meet the New Year Resolution on your list? (This list can include family, friends, co-workers, and etc.)**
- **In your opinion what role does God have in reaching your New Years Resolution?**
- **In your opinion what role should prayer, fasting, and spending time in reading your Bible have in helping you reach your New years resolution?**
- **Does your New Resolution include God's desire for your life?**

- **What do you believe (feel) God desire is for your life this coming year, and how do you plan to accomplish his plan/desire? Especially, when it may not be yours?**
- **ARE YOU WILLING TO LET GOD HAVE THE LEAD IN YOUR LIFE, IN ORDER TO ACCOMPLISH NOT YOUR NEW YEAR RESOLUTION, BUT HIS NEW YEAR RESOLUTION IN YOUR LIFE?**
- **How will you know when you meet your New Year Resolution?**